

Monday

OFF!

S: 0 B: 0 R: 0 W: 0 O: 0 Total: 0

Friday

S: recovery
4 x 300 (300 easy, 300 kick, 300 easy, 300 kick)

S: 30 B: 45 R: 0 W: 0 O: 0 Total: 75

Tuesday

B: 30 minutes all in small chainring.
Wu: 10 spinning at RPE 3
main: 3x (3t, 3r) 3t at RPE3, 3r at RPE2
cd: continue cool down until 30 minutes are up. RPE 2

R: 30 minute easy run at RPE 3

S: 0 B: 30 R: 30 W: 0 O: 0 Total: 60

Saturday

S: 1000m TT

S: 30 B: 0 R: 0 W: 0 O: 0 Total: 30

Wednesday

S: recovery swim
5 x 200 (50 Easy, 50 Build, 50 Easy, 50Hard)
150 easy

R: 30 min at RPE 3. When finished with run, do 6 x 20 second strides.

S: 30 B: 0 R: 30 W: 0 O: 0 Total: 60

Sunday

R: freebie day!
Run hard, easy, hills, race, trails for 45 minutes...you pick!

S: 0 B: 0 R: 45 W: 0 O: 0 Total: 45

Thursday

B: more spinning like Tuesday, all in small chainring
wu: 10minutes at RPE 3
main: 5x (2t, 1e) 2t at RPE5, 1r at RPE 2
cd: 5 minutes at RPE 2

S: 0 B: 30 R: 0 W: 0 O: 0 Total: 30

Week Goals

Good form on swims.

Reduce food intake from last week.

Week: (05) Period: Base 3 (hr) S: 1.5 B: 1.75 R: 1.75 W: 0 O: 0 Total: 5

